[Is Angry Birds Keeping Your Brain Healthy? [STUDY]](http://mashable.com/2012/02/06/brain-games/)

Go ahead and play your favorite addictive [smartphone](http://mashable.com/follow/topics/smartphone/) gaming apps — chances are they’re good for your [brain](http://mashable.com/follow/topics/brain/).

A new study from the [Archives of Neurology](http://archneur.ama-assn.org/cgi/content/abstract/archneurol.2011.2748v1?maxtoshow=&hits=10&RESULTFORMAT=1&andorexacttitle=and&andorexacttitleabs=and&fulltext=Alzheimer+Disease&andorexactfulltext=and&searchid=1&FIRSTINDEX=0&sortspec=date&fdate=12/1/2011&resourcetype=HWCIT) says playing brain stimulating games can improve your memory and delay or prevent the onset of Alzheimer’s disease.

Traditional brain games are scientifically designed to boost cognitive activity and enhance memory.

The market for mobile brain gaming apps is booming. [Lumosity](http://mashable.com/follow/topics/lumosity), one of the top creators of brain-training exercises and applications for web and mobile, [raised $32.5 million](http://mashable.com/2011/06/16/lumosity-series-c/) for its brain training apps in 2011.

But scientist are finding that many games requiring focus — including *Angry Birds* — give the brain a healthy workout. Scientists say playing games, reading and writing all slow the growth of amyloid, the brain protein scientists think might cause the memory loss disease.

The Alzhemier’s Association told [ABC News](http://abcnews.go.com/blogs/health/2012/01/23/brain-games-may-help-thwart-alzheimers-study/) that the study “contains some valuable new data regarding the possible relationship between modifiable lifestyle risk factors and the brain changes that are indicative of Alzheimer’s disease.”

One hundred-year-old [Kathleen Connell of the UK](http://www.thesun.co.uk/sol/homepage/news/4099169/Is-this-Britains-oldest-gamer-Gran-Kathleen-Connell-100-plays-Nintendo-DS-for-hours-a-day.html) is the perfect example of a gamer who spends a couple hours per day playing brain games on her [Nintendo DS](http://mashable.com/follow/topics/nintendo-ds) to keep her mind young. A few of Connell’s favorite Nintendo DS games include Art Academy, Brain Trainer, Scrabble and Family Fortunes, she told [*The Sun*](http://www.thesun.co.uk/). Brain Trainer calculated Connell’s mental age at 64.

“The Nintendo has been a great help to me, it’s absolutely amazing,” she told *The Sun*. “If there’s any secret to a long life it’s to think positive and keep your mind active.”

If the study and Connell’s advice are true, everyone at any age should play brain games to stay sharp. What are your favorite brain game apps? Check out our favorites in the gallery.

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